



JANUARY 2005

Winter Travel



Before beginning your journey during wintry weather conditions...Ask yourself if your journey is absolutely essential.

Braking

The jury is still out on whether rapid pumping of the brake pedal is more effective on slick surfaces than applying a soft steady pressure on the pedal, letting off just before the tires begin to slide. Of course, if the latter method is attempted and the tires do begin to skid, the driver must immediately let off the pedal and recover by steering in the direction of the skid. Shift into neutral to stop on slippery surfaces.

Make sure battery connections are good.



If the battery terminal posts seem to be building up a layer of corrosion, clean them with a paste of baking soda and water. Let it foam, and then rinse with water. Apply a thin film of petroleum jelly to the terminal posts to prevent corrosion, and reconnect. **Wear eye protection!**



Carbon monoxide, present in exhaust fumes, is almost impossible to detect and **CAN BE FATAL** when breathed in a confined area. Because of the danger of carbon monoxide poisoning, don't let your car warm up in the garage for a long period of time, especially if you have an attached garage. The fumes easily can seep into the house and overcome those inside, even with an open garage door.



Winter Driving

For one of the best presentations on winter driving, take a look at this excellent one developed by USAREUR posted on our website at

<http://www.nasoceana.navy.mil/safety/Training/TrafficSafety/winterdriving.ppt>

Hypothermia

Introduction

People who work outside or enjoy outdoor recreational activities face certain risks. Hypothermia is one of these risks that is often overlooked or not recognized. Because hypothermia can affect reasoning and judgment, you can quickly find yourself in a life-or-death situation without realizing that you are in danger.



Recognition

The symptoms of hypothermia are varied and depend on the body's core temperature. A person suffering from a mild case may exhibit shivering and a lack of coordination, while a person suffering from severe hypothermia may be incoherent, exhibit muscular rigidity and can potentially succumb to cardiac arrest. The chart below shows the correlation between core body temperature and hypothermia symptoms.

Severity of Hypothermia	Body Temperature (°F)	Symptoms
Mild	98.6 - 97	Shivering Begins
	97 - 95	Cold sensation, skin numbness, goose bumps, lack of hand coordination
Moderate	95 - 93	Intense shivering, general lack of muscular coordination, slow or stumbling pace, mild confusion, pale skin.
	93-90	Violent shivering, gross lack of muscular coordination, mental sluggishness, amnesia, difficulty speaking.
Severe	90 - 86	Shivering stops, muscular stiffness, extreme confusion or incoherence, irrational behavior, inability to stand, skin appears blue and or puffy.
	86-82	Muscular rigidity, semiconscious, pulse and respiration decrease, dilation of pupils, skin ice-cold to touch.
	82 - 78	Unconsciousness, pulmonary edema, pulse and heartbeat erratic, cardiac and respiratory failure, death.

Prevention

There are several steps you can take to reduce your risk of hypothermia before you head out into cold, wet conditions. These steps include:

- Wear proper clothing. The ideal clothing for extended periods in a cold and/or wet environment consists of a breathable layer next to the skin (such as cotton or polypropylene), an insulating middle layer (wool, which continues to insulate even when wet, is a good choice) and a waterproof, but breathable, outer layer (such as nylon or Gore-Tex™).
- Stay hydrated when outdoors.
- Use the buddy system when spending time outdoors, if possible.
- Be familiar with the signs of hypothermia. Early recognition of hypothermia can help prevent you from facing a life or death situation.

Commonly Asked Questions

Q. Can hypothermia be a problem even if the temperature is well above freezing?

A. Yes. Hypothermia can occur any time that the body cannot generate enough heat to maintain its core temperature, regardless of the time of year. Even on a sunny summer day, a person immersed in 40° to 50°F water may reach the exhaustion point (due to a lowered core temperature) in as little as 30 minutes, and death from hypothermia may result in only three hours.

Q. Can the medications I'm taking make me more susceptible to hypothermia?

A. Yes. A number of commonly prescribed medications can affect the body's resistance to hypothermia. Sedatives, anti-depressants, tranquilizers and cardio-vascular drugs can all affect the body's ability to regulate temperature. If you are concerned about the effect your medications may have on your body's resistance to hypothermia, please contact your doctor or pharmacist for more information.



13 “Skiing Guru” Tips for Ski Safety

<http://www.lifetips.com>

1. Unloading- Tips up, poles in your hand closest to the ski lift tower, and your opposite hand pushing slightly on the seat of the lift chair, as you stand. This is how you unload from a ski lift. (Be sure you point your poles away from other skiers.)

2. Loading- Getting onto a ski lift is easy. Slide to the line where you wait for the chair, and make sure you have a free hand (free of ski poles, that is). As the ski lift chair nears the back of your legs, extend your free hand to the chair and sit. Now, you are on the ski lift. Lower the bar restraint and enjoy the ride.

3. Bar Down- A place to rest. Something to hold. One safety measure. These are the things a ski lift chair's bar restraint means. Use it. You will increase your odds on ski trip enjoyment.

4. Helmets Recommended- Trees, rocks, lift towers, hard snow, ice, other skiers -- these are the reasons to wear a helmet. No matter where you ski, no matter your ability, helmets are always recommended.

5. No Tucking in the Slow Zone- As trails converge, you will find slow skiing zones. These exist for everyone's safety, and are typically found near the bases of lifts. While you may be tempted to tuck through the slow zone for quicker lift access, remember your fellow skiers and snowboarders. Slow skiing zones are crowded zones, and crowds breed collisions. Obey the signs.

6. Know Your Area's Rules- At the start of your first day skiing a new mountain, look out for that area's rules. Check the trail map and your lift ticket. One ski resort's rules are not too different from another's, but reading them can only help you ski safely.

7. Know Your Ability- Suppose you were to ski without regard for the types of trails you descend. Unless you are the expert of experts on skis, this is a bad idea. Know your ability. Use your trail map and senses to consider where you can and cannot ski on a given mountain. The last thing you want is to trap yourself in terrific moguls if you could not negotiate the tiniest.



8. Control- Every skier has lost control. That is why you fall. Losing control on skis is truly bad when done almost on purpose. If you strive to stay in control, you will ski better and have more fun at it. And so will the others trying to enjoy their own ski trips.

9. On Your Left- Courtesy counts for many reasons. Ski considerate of your fellow skiers and snowboarders. Passing others on a ski slope is inevitable, so you must do it safely and considerately. Warn the other person that you are passing by exclaiming “On your left,” or “On your right!” Do this in remembrance that the slopes are for everyone.



10. Right of Way- The person down the ski trail from you has the right of way. Especially if that person is not looking at you, the safest bet is not to ski near him or her. When overtaking a slower skier or snowboarder, leave as much room as reasonably possible and warn that person of your presence (for example say, “On your left”) before you pass.

11. Balaclava! (Not Baklava!)- Helmets will keep your head warmer (longer) than most ski hats. But you will often need coverage for the rest of your face, especially the space on your forehead between the top of your goggles and the edge of the helmet. This is especially true for cruisers, rippers, bombers, and any other group of fantastically fast skiers.

12. A Restriction You Want- You might think helmets restrictive, killjoys. Try a few on at your local ski shop and see if you are right. The helmet that fits you best is important to find, but any helmet provides a restriction you want. (The one that restricts your brain from meeting bark.)

13. A Helmet, You Need!- Some skiers think helmets are for the most aggressive. Others reckon such protection is for wimps. Helmets in fact, are for every skier. People hit their heads on every type of trail (and ability is useless if an out-of-control person slams into you).

MISHAPS REPORTED FOR DECEMBER

1. Employee was walking from the kitchen through the bar and slipped on the wooden part leading to the bar injuring her elbow and ankle. **(on-duty, no lost work days).**
2. Employee was stung by a wasp when she was trying to reach for the housekeeping cart to a pair of gloves. **(on-duty, no lost work days).**
3. Service member was using a breaker bar to tighten a bolt on a run trailer when the breaker slipped off and struck member in the head. **(on-duty, no lost work days).**
4. While trying to hold down a PVC pipe, the pipe slipped and struck employee in the face. **(on-duty, one lost work day).**
5. Service member's vehicle ran into the rear of the vehicle directly in front of her when trying to stop at a red light. **(off-duty, no lost work days).**
6. Service member injured finger while placing a RSTS box on a table. **(on-duty, no lost work days).**
7. Service member was moving some gear to look at a serial number when he injured his wrist. **(on-duty, no lost work days).**
8. Service member was playing with his dog, was knocked over into a coffee table injuring eyelid. **(on-duty, one lost work day).**

Lost Work Day - Loss of at least one full workday subsequent to the date of mishap.

Lets' be safe out there !!



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